



City of Greenville's Aquatics and Fitness Center

Mixed Martial Arts Techniques

For ages 14 and up

**Participants will learn a variety of techniques used in the
combat sport of MMA: wrestling, kickboxing, boxing,
karate & other striking & grappling styles**

Registration

Program start date. For more info, call Mr Nojima @ 814-6445

Class Dates & Time

Thursdays, 8:15 – 9 pm

Session 1: September 8 – October 20

Session 2: October 27 – December 15

Cost

\$75 for 7 week sessions

Mr. Nojima is a fourth
degree black belt with
over 20 years experience
in teaching martial arts.

For more information, call
329-4041